

Wellness assessment deadline extended to February 28

If you haven't yet completed your wellness assessment, you now have more time to do so. **The deadline for completing the assessment has been extended to February 28.**

The deadline for requesting a paper wellness assessment has also been extended. That deadline is now February 22.

If you're planning to participate in the Live Well Challenge, which runs February 2–March 15, you'll need to complete the wellness assessment before February 1. But, if you wait until later in February to complete the assessment, you'll still have as many as nine individual action plans to choose from.

To earn gold for your 2014 medical out-of-pocket expenses, complete your wellness assessment by February 28, 2013, and complete an individual action plan by June 30, 2013.

For more information on all of the individual action plans available, visit **www.kingcounty.gov/HealthyIncentives**, the County's Healthy IncentivesSM website. If you have questions or would like to request a paper wellness assessment, call Benefits, Payroll and Retirement Operations at 206-684-1556 or email **kc.benefits@kingcounty.gov**.